



**HELLO!!!!**

My name is Kareem Gannie. I am really into being fit active and getting in daily nutrition. I feel very passionate about health and fitness so it is an honor to be the Nisqually Health Fitness & Nutrition Coach. I extend the invite to come visit the Nisqually Youth and Community Center and check what the program can offer you and aid in achieving any goals you may have pertaining to Health Fitness and Nutrition.

The program has been growing throughout the year. I would like to see our numbers increase! So please, don't hesitate to come see me. There will be incentives for people who utilize our services. Each person who does a work out with me will get their name entered in the monthly drawing. Prizes are TBD. Any ideas are welcome.

I look forward to working with anyone who is ready to work on improving their all around health.

**Program Hours Are:**

**Monday—Friday from 8 am – 5 pm**

**Outdoor  
Walking Track:  
2 times around is  
1 mile**

**Indoor Walking  
Track:**

**WALKING GROUP**

**Mondays, Wednesdays & Fridays!**

**Or any day you want to come  
walk!!!**

**Nisqually Health Fitness & Nutrition**



Nisqually Youth & Community Center

**1937 Lashi St SE  
Olympia, WA 98513**

Phone: 360-455-5213

Fax: 360-455-5440

**Nisqually Youth &  
Community Center**

**Nisqually Health  
Fitness &  
Nutrition**



**Kareem Gannie,  
Health & Fitness  
Coach  
M-F  
8 am—5 pm**



**Nisqually Youth &  
Community Center**

**360-455-5213**

## What is the program about???

The Nisqually Health, Fitness and Nutrition program promotes health and wellness within the Nisqually Indian Tribe's organization to employees, enrolled members, and community members. Personal training services will be provided along with health coaching services such as nutritional education and how to safely make lifestyle changes.

## WHO ELIGIBLE?

- Nisqually Tribal Members
- Nisqually Community Members
- Nisqually Tribal Employees

## Services Provided

- Health Screenings
- Postural Assessments
- Body Composition Analysis
- Personal Training
- Group Training
- Health Coaching
- Behavior Modification
- Nutrition Consultations
- Meal Programming
- Walking/Running Group
- Goal Setting
- Healthy Cooking Demonstrations



Come Take

## The Fall Fitness Challenge

Workout with Kareem

Mon-Fri 8 am—5 pm



Do ZUMBA® with Ho'o

Mon & Wed 12 pm & 5 pm



Michelle Teaches YOGA

Tuesdays 5:15 pm—6:15 pm

Receive a sticker each workout to put on the leader board.

Top 3 participants



will receive a gift each month, Oct., Nov. & Dec.